

# The Portland Resource

Aging and Disability  
Resource Center of  
Fond du Lac County

**WINTER  
2015**



Happy Holidays and New Years from those of us at the ADRC! We hope you enjoy the Winter edition of The Portland Resource. You will find helpful information for the months of December, January, and February in this edition. Make sure to watch for our Spring edition which will be out in March 2016!

You can get a copy of The Portland Resource by

- Requesting your name be added to the mailing list (either by email or mail) by calling (920) 929-3466 or emailing [adrc@fdlco.wi.gov](mailto:adrc@fdlco.wi.gov)
- Picking up a copy at the Fond du Lac Senior Center, Ripon Senior Center & Library, Senior Services (city/county building) or at the ADRC.
- Going to the ADRC website

**Any feedback or questions, please contact Linda at (920) 929-3429.**

*Contact Us*

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The Aging & Disability  
Resource Center of  
Fond du Lac County is  
located at

**50 N. Portland  
Street  
Fond du Lac, WI  
54935**

Office Hours:  
Monday-Friday  
8:00 am- 4:30 pm  
(920) 929-3466  
[www.fdlco.wi.gov/adrc](http://www.fdlco.wi.gov/adrc)

**Walk-Ins  
Welcome!**

## **Streamlined ACCESS Applications Available for Existing Members**

Effective October 24, 2015, members who are already enrolled in at least one state benefit program (e.g. Badgercare Plus) and want to apply for another program (e.g. FoodShare) will be able to do so without completing an entirely new application. Similar to the “Renew My Benefits” & “Report My Changes” options on ACCESS, the new streamlined version will extract and display information already known. Members can now use the ACCESS “Add a Program” function to apply for any of the following benefits:

- Child Care
- FoodShare
- Family Planning Only Service
- Health Care

For More information see:

<https://www.dhs.wisconsin.gov/dhcaa/memos/15-36.pdf>

## **Low Vision Services at the ADRC!**

Kathleen Connell from the Office of the Blind or Visually Impaired will be coming to the ADRC monthly on the 3<sup>rd</sup> Friday of the month from 1:00-3:00.

Kathleen’s contact information:  
141 NW Barstow Street, 4th Floor  
Waukesha, WI 53188  
Phone: 262-548-5862  
[Kathleen.Connell@wisconsin.gov](mailto:Kathleen.Connell@wisconsin.gov)



<https://www.dhs.wisconsin.gov/blind/index.htm>

## Caregiving For Older Adults During Winter

By: Linda Berg

Why is the cold of winter especially of concern to seniors? Many older adults have lost adipose tissue, a body fat that is a natural insulator that is meant to keep us warm. Those who have dementia may be confused by the cold, their brains may no longer tell them to shiver as a way to generate heat. Brain processing slows down as we age, and older adults who previously were aware of upcoming bad weather may now fail to be prepared when threatening weather begins. Certain medications, such as beta blockers used to treat high blood pressure and heart disease, can also become a problem when those medications cause cold legs, hands and feet. A person taking medications with these side effects may assume that they are feeling chilled because of the medication rather than because their bodies are being exposed to dangerous cold. Knowing that the older adults in your life are especially vulnerable to winter cold, let's look at ways to help care for loved ones.

The holidays are a good time to make safety plans with other family members on behalf of older adults in the family. Make sure the elders of the family take part in developing and understanding the plans. Clarify the role of family members and how and when they will carry out that role.

Examples of such plans could be: exchange contact information with friends and neighbors of parents, insulating water pipes in their home to prevent frozen water lines, planning ways to prevent the need for older friends or family to leave the house during bad weather, (stockpile groceries before inclement weather is expected, arranging for someone to take out the trash for that person, plan for someone to bring the mail to the older adult and preparing a supply of emergency supplies to be kept in the older person's home).

What might an older person need in their emergency supply kit? Think about what could happen during a winter storm and provide supplies that could be of help. For example, if the power were to go out, sources of light, warmth, food and drink would all need to be provided for. The supply kit should include one or more battery-powered lanterns with extra batteries, blankets, food that doesn't need electricity to prepare and ½ gallon jugs of water, (figure 1 gallon per person per day). Also include a battery powered weather radio, along with a commercial radio for entertainment and comfort. Don't forget a first aid kit and extra supplies for a pet, if necessary. Keep in contact with the senior, let them know that you care.

## WISCONSIN HOMESTEAD CREDIT

By Julie Hilbert, Benefit Specialist Fond du Lac County

The Wisconsin Homestead Credit is a tax benefit for renters and homeowners with low or moderate incomes. It is designed to lessen the impact of rent and property taxes. Property taxes do not need to be paid before filing for Homestead Credit. Qualifying persons can get back some or all of their state taxes withheld during the year. Household income that is reported includes all income for tax purposes plus certain nontaxable income. Nontaxable income includes gross Social Security, SSI, Railroad Retirement, pensions, IRA income and income from investments, etc. You have until April 15, 2020 to file for your 2015 homestead credit, and after April 16, 2016, you can receive credit back to 2012. The maximum amount of Homestead Credit can be as high as \$1,160. Expect to wait six (6) to ten (10) weeks for the payment from the time it is submitted. To check up on payments you can visit the department's website at [www.dor.state.wi.us](http://www.dor.state.wi.us). Other assistance is available by calling the Madison office at 608-266-8641.

To qualify for Homestead credit you must:

- Be a legal Wisconsin resident for all of 2015
- Have a household income less than \$24,680
- Be a owner or renter of the homestead during 2015
- Not be claiming farmland preservation credit for 2015
- Not be living in a nursing home and receiving medical assistance
- No claim may be filed on behalf of a person after his or her death

**Julie Hilbert the Benefit Specialist for Fond du Lac County will be conducting Free Homestead Tax Clinics for people in Fond du Lac County who are 60 years of age or older. Please see the next page for dates and locations.**

**If you are unable to make it to one of the clinics please schedule an appointment by calling 920-929-3521.**

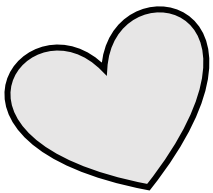
**What to bring:** 1099's from Social Security, banks, pensions, and any other statements of income and a copy of your property tax bill or a completed rent certificate.

## HOMESTEAD CLINICS

- Riverview Apartments – 101 Western Avenue, Fond du Lac – February 1, 2016 from 12:30 to 3:30 p.m.
- Grand Court Apartments – 630 W. Arndt St., Fond du Lac – February 2, 2016 from 10:00 a.m. to 11:30 a.m.
- Westnor Apartments – 653 W. Arndt Street, Fond du Lac – February 2, 2016 from 12:30 to 3:30 p.m.
- Heather Meadows – 235 Winnebago Street, North Fond du Lac – February 3, 2016 from 10:30 to 11:30 a.m.
- Northgate Apartments – 350 Winnebago Street, North Fond du Lac – February 3, 2016 from 12:30 – 1:30 p.m.
- Waupun – 301 E. Main Street, Waupun - February 4, 2016 from 9:30 to 11:30 a.m.

(For Fond du Lac County residents only)

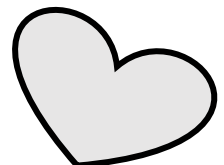
- Ripon Senior Center – 100 E. Jackson St., Ripon – February 8, 2016, from 10:30 to 11:30 a.m.
- Campbellsport – 163 E. Main Street, Campbellsport – February 9, 2016 from 1:00 to 2:00 p.m.



## February is American Heart Month

Eight million women in the United States live with heart disease, and 34 million women are at risk for developing heart disease. Chances are, someone you know and love has been impacted by heart disease.

[http://www.womenheart.org/?programs\\_heartmo2016](http://www.womenheart.org/?programs_heartmo2016)



# **Watch for the 10 Signs During this Holiday Season!**

Submitted by Ginny Nyhuis, Regional Services Manager, Alzheimer's Association, Southeastern Wisconsin Chapter

December is filled with Holiday celebrations and family gatherings. As we gather with friends and family throughout this month to celebrate, it is a good time to be aware of the signs of dementia and have conversations with your loved one if you see signs of the disease.

Age is the greatest risk factor for Alzheimer's disease, and as we age all of our brains change. Therefore it isn't surprising that often times we find our self's wondering if the changes we are experiencing are typical age related changes or a sign of something more serious happening. For many adults there is a high fear factor related to changes that may indicate the beginning signs of Alzheimer's disease or a related dementia. So as friends and families gather for the Holidays, it is a good time to ***Know the 10 Signs*** that may be indicators of some type of dementia.

1. Memory loss that disrupts daily life. ***What's a typical age-related change?*** Sometimes forgetting names or appointments, but remembering them later.
2. Challenges in planning or solving problems. ***What's a typical age-related change?*** Making occasional errors when balancing a checkbook.
3. Difficulty in completing familiar tasks. ***What's a typical age-related change?*** Occasionally needing help to use the settings on a microwave or to record a television show.
4. Confusion with time or place. ***What's a typical age-related change?*** Getting confused about the day of the week but figuring it out later.
5. Trouble understanding visual images and spatial relationships. ***What's a typical age-related change?*** Vision changes related to cataracts.

6. New problems with words in speaking or writing. ***What's a typical age-related change?*** Sometimes having trouble finding the right word.
7. Misplacing things and losing the ability to retrace steps. ***What's a typical age-related change?*** Misplacing things from time to time and retracing steps to find them.
8. Decreased or poor judgment. ***What's a typical age-related change?*** Making a bad decision once in a while.
9. Withdrawal from work or social activities. ***What's a typical age-related change?*** Sometimes feeling weary of work, family and social obligations.
10. Changes in mood and personality. ***What's a typical age-related change?*** Developing very specific ways of doing things and becoming irritable when a routine is disrupted.

If you notice any of these 10 signs in yourself or a loved one don't ignore them, schedule an appointment with the doctor. It's frightening when we or someone we love is experiencing symptoms of a medical condition, and the thought of a possible diagnosis of a brain disease can be especially frightening. However, with early detection of Alzheimer's disease or related dementia, you can:

- **Get the maximum benefit from available treatments** – You can explore treatments that may provide some relief of symptoms and help you maintain a level of independence longer. You may also increase your chances of participating in clinical drug trials that help advance research.
- **Have more time to plan for the future** – A diagnosis of Alzheimer's allows you to take part in decisions about care, transportation, living options, financial and legal matters. You can also participate in building the right care team and social support network.
- **Get Help for you and your loved ones** – Care and support services are available, making it easier for you and your family to live the best life possible with Alzheimer's or dementia.

Now is a good time to be aware of changes in cognition!

**For more information on the 10 Signs of Alzheimer's disease, visit [www.alz.org/10sig](http://www.alz.org/10sig)**

## The Recipe Box

# Chocolate Shortbread Cookies

**\*\*Diabetic Friendly\*\***

### Ingredients

- 1 cup unsalted butter
- 1/2 cup Splenda No Calorie Sweetener, Granulated
- 1/4 cup sugar
- 1/2 teaspoon vanilla
- 1/4 teaspoon salt
- 6 tablespoons Dutch cocoa powder
- 1 3/4 cups flour
- 2 tablespoons flour

### Nutritional Information (Per Serving)

Calories:	120
Calories from Fat:	5
Protein:	1 g
Sodium:	25 mg
Cholesterol:	20 mg
Fat:	8 g
Saturated Fat:	5 g
Dietary Fiber:	1 g
Sugars:	2 g
Carbohydrates:	10 g

Source: [Splenda®](#)

### Directions

- Preheat oven to 375 degrees F. Line a cookie sheet or jellyroll pan with parchment paper. Set aside.
- Place the butter, Splenda Granulated Sweetener, sugar, vanilla and salt in a medium mixing bowl. Mix, using the paddle attachment of an electric mixer until the mixture is light and creamy (approx. 1-1 1/2 minutes). Add cocoa powder and all the flour. Mix until just blended.
- Remove dough from bowl and form into a ball. Place the ball of dough on the parchment lined pan. Roll the dough into a rectangle approx. 6 1/2 inches wide by 11 inches long and 1/4 inch thick. Pierce the surface of the dough with a fork all over. This allows the air to escape during baking preventing air pockets from forming.
- Bake in preheated 375 degrees F oven 20-25 minutes, rotating the pan after 10 minutes of baking. Remove shortbread from oven after 20-25 minutes and immediately cut into 24 fingers or rectangles while the shortbread is still warm. If allowed to cool, shortbread will not slice well.

Source: <http://diabeticgourmet.com/recipes/html/1156.shtml>

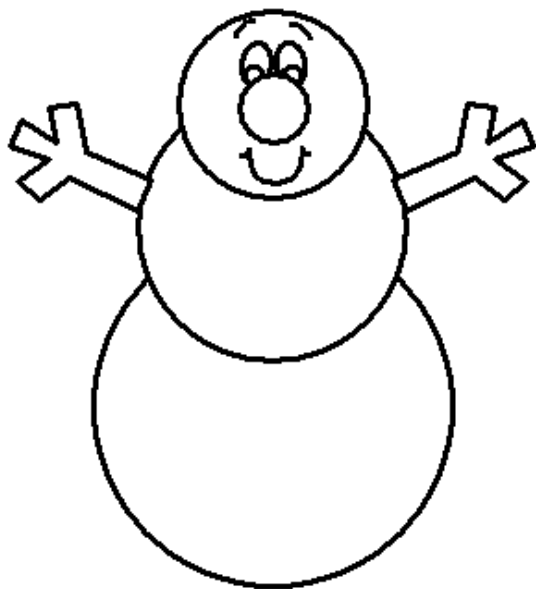


# Winter Word Search

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F S N O W M A N Y P V W R U E  
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C S E E G I A Z T S O R F B R  
C N O N P R H E O M H Q C E G  
H M E P B L R W C Y P K M R I  
I P O E E K A L F W O N S N M  
L O A G T O Q C I Z U C P A U  
L R Z A K O C P E I J J D T Z  
Y T H O T C H O C O L A T E J

chilly  
fireplace  
frost  
hibernate  
hot chocolate  
migrate



penguin  
polar bear  
snowflake  
snowman  
white  
winter

Source: <http://www.dltk-holidays.com/winter/images/b-wordsearch.gif>



50 North Portland Street  
Fond du Lac WI 54935

If your organization is interested in submitting an article to the newsletter, please contact Linda Berg at 920-929-3429, TTY: Use Relay (711), or email [adrc@fdlco.wi.gov](mailto:adrc@fdlco.wi.gov).

**If you would like to request to be on the mailing list  
for our newsletter please call  
(920) 929-3466, TTY: Use Relay, or email  
[adrc@fdlco.wi.gov](mailto:adrc@fdlco.wi.gov).**

**Please watch for our Spring edition of  
The Portland Resource in March 2016!!**